

## Walk which way?

RUN TIME - :54

### ANCHOR LEDE

Walking is one of the simplest ways to keep your body in shape. But sometimes, different styles of walking trend online as a “hack” to get better results. Tim Ditman of OSF HealthCare breaks them down.

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Backward walking is one option. OSF physician Doctor John Rinker says this works different muscle groups than forward walking, and it helps with ankle mobility.

Farmer’s walking and rucking involve holding something. Start with a small weight and work up.

Japanese walking has you alternate slow and fast paces. Doctor Rinker says this is good for people who want to ease into an exercise plan.

Another mindset involves the number six. Walk for 60 minutes at 6 a.m. or 6 p.m.

\*\*\*SOT\*\*\*

Dr. John Rinker

OSF HealthCare

**“What I love about that is it schedules the walking. For some, the barrier to exercise becomes their life schedule. Things get in the way. You meant to exercise, but you look back on your day and realize you never did.” (:17)**

I’m Tim Ditman.

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### ANCHOR TAG

If any style of walking brings pain, stop, rest and switch things up. But the bottom line is to get moving and reap the benefits.